

Fresh, Healthy, Good Food
Every Day!



this institution is an equal opportunity provider

September 2018 PSA K-5 Menu

Week 1	Monday, September 3, 2018	Tuesday, September 4, 2018	Wednesday, September 5, 2018	Thursday, September 6, 2018	Friday, September 7, 2018
Hot Lunch	Mild Chicken Fritter Sandwich CKC Fritter Sauce Mixed Greens Salad & Dressing Varietal Apple	All Beef Hot Dog Hot Dog Bun, Ketchup & Mustard Baked Beans Banana ABC Cookie	BBQ Chicken Drummy Dinner Roll Steamed Corn Chilled Grapes	Sweet & Sour Chicken Steamed Seasoned Rice Steamed Green Beans Chilled Pineapple	Beef Pho Dinner Roll Baby Carrots & Dip Chilled Peaches
Vegetarian Sandwich Deli Salad	Double Cheese Omelet Turkey & Lettuce Sand or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Enchilada Egg Salad & Lettuce Bun or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Veggie Burger Grilled Curry Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Bean & Cheese Burrito w/Cholula Hot Sauce Chicken Craisin & Lettuce Sandwich or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza Grilled Herb Chicken Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 2	Monday, September 10, 2018	Tuesday, September 11, 2018	Wednesday, September 12, 2018	Thursday, September 13, 2018	Friday, September 14, 2018
Hot Lunch	Orange Chicken Seasoned Brown Rice Mixed Greens Salad & Dressing Varietal Apple	Cheeseburger WG Bun, Ketchup & Pickles Baked Beans Banana	CKC Coconut Curry Dinner Roll Mashed Potatoes Chilled Grapes	Golden Chicken Tenders Ketchup & Ranch Sauce Dinner Roll Steamed Green Beans Chilled Pineapple	Fresh Hot Pizza Baby Carrots & Dip Chilled Peaches
Vegetarian Sandwich Deli Salad	Pancakes & Syrup w/Veggie Sausage Chicken (No Nut Pesto) & Lettuce Bun or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Quesadilla & Cholula Hot Sauce Honey Mustard Chicken & Lettuce Ciabatta or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	French Toast Sticks (6) & Syrup Turkey & Lettuce Sand or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	The Max Cheese Stick & Italian Ranch Citrus Chicken Salad w/Lettuce Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 3	Monday, September 17, 2018	Tuesday, September 18, 2018	Wednesday, September 19, 2018	Thursday, September 20, 2018	Friday, September 21, 2018
Hot Lunch	Corn Dog Ketchup Cheetos Baked Beans Varietal Apple	Premium Chicken Nuggets Ketchup & Ranch Baby Carrots & Dip Banana	Hmong Sausage Steamed Seasoned Rice Steamed Green Beans Chilled Grapes	Hamburger WG Bun & Ketchup Mixed Greens Salad & Dressing Chilled Pineapple Keebler Grahams	Shredded BBQ Chicken Mashed Potato Boat BBQ Shredded Chicken & Mashed Potatoes Dinner Roll Chilled Peaches
Vegetarian Sandwich Deli Salad	Cheese Enchilada Sesame Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Egg Fried Rice Chicken Chutney Salad & Lettuce Sandwich or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Garlic Twisted Mozzarella Stuffed Breadstick Mediterranean Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Veggie Cheese Burger Grilled Greek Chicken Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza Turkey & Lettuce Sand or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 4	Monday, September 24, 2018	Tuesday, September 25, 2018	Wednesday, September 26, 2018	Thursday, September 27, 2018	Friday, September 28, 2018
Hot Lunch	Chicken Satay Bowl Creamy Nut Free Chicken Satay w/Red Peppers & Cilantro. Serve over Brown Rice Chilled Sesame Broccoli Varietal Apple	Sloppy Joe WG Bun Steamed Corn Banana	Hmong Chicken & Pepper Sauce Steamed Seasoned Rice Mixed Greens Salad & Dressing Chilled Grapes	Chicken Carnitas Taco WG Tortilla, Shredded Lettuce, Cilantro & Cheese Cheesy Refried Beans Chilled Pineapple	Fresh Hot Pizza Baby Carrots & Dip Chilled Peaches
Vegetarian Sandwich Deli Salad	Pancakes & Syrup w/Veggie Sausage Grilled Herb Chicken Bun or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Quesadilla & Cholula Hot Sauce Grilled Curry Chicken & Lettuce on Ciabatta or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Egg Fried Rice Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Cheese Bosco Stick & Italian Ranch Turkey & Lettuce Sand or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza Chicken Craisin & Lettuce Sandwich or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 5	Monday, October 1, 2018	Tuesday, October 2, 2018	Wednesday, October 3, 2018	Thursday, October 4, 2018	Friday, October 5, 2018
Hot Lunch	Breaded Chicken Sandwich WG Bun & Ketchup Baby Carrots & Dip Varietal Apple	Nacho Cheese Scoops Nacho Cheese Beef, Tomatoes & Cilantro Tostitos Scoops & Sour Cream Cheesy Refried Beans Banana	Shredded BBQ Sandwich WG Bun Steamed Green Beans Chilled Grapes	Asian Meatballs Dinner Roll Mashed Potatoes Chilled Pineapple	Orange Chicken Steamed Rice Mixed Greens Salad & Dressing Chilled Peaches
Vegetarian Sandwich Deli Salad	Bean & Cheese Burrito w/Cholula Honey Mustard Chix & Lettuce Ciabatta or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Twisted Mozzarella Breadstick w/Marinara Turkey & Lettuce Sand or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Double Cheese Omelet Chicken (No Nut Pesto) & Lettuce Bun or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Macaroni & Cheese Egg Salad & Lettuce Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza Citrus Chicken Salad w/Lettuce Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)

Menu is subject to infrequent change

Questions? Call 651-453-1136 or visit our website at www.ckcgoodfood.com

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